



Limerick Swimming Club Invitation Gala.

May 19th 2018.



- Run Under Swim Ireland Rules
- Date: May 19th 2018
- Venue: U.L. swimming Pool,
- Format: Short course
- Warm up 11:30 am.
- Gala Start - 12.30 pm.
- Closing date : May 12th
- Age up :31st December 2018
- Entries: Entries on Hy-Tek only to limswim.gala.recorder@gmail.com
- To facilitate the smooth and timely running of the gala, no entries will be accepted on the day.
- Age Groups: 10-11, 12-13, 14-15, 16 and over.



Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. One Start rule will apply for this gala.
3. Heats will be run as an open event based on each swimmer's entry time in 8 lane formats.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events in age groups according to qualification table attached.
6. Swimmers will be limited to 5 individual swims , if gala runs over time swimmers will be asked to reduce to 4 swims
7. There are Qualifying Times for all events , No NTs allowed. The host club reserve the right to have some of their swimmers outside the qualifying times in 50's, 100's and 200's events only.
8. All entry times must be official times and may be verified on the National database.
9. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
10. 1500m Male , 800m Female and 400m Male/Female freestyle events will be restricted to the following 1 heat of 1500 and 1 heats of 800 4 heats of the Male 400 Free and 4 heats of female Female 400 free
11. Restrictions on personnel poolside will be strictly enforced to ensure safety & effective running of all gala.
12. Session times may change depending on entries.

Order of Events.

<i>Session 1</i>		<i>Session 2</i>	
1.	<i>Male 1500 Free</i>	14.	Female 800 Free
2.	<i>Female 200 Breaststroke</i>	15.	Male 100 Breaststroke
3.	<i>Male 200 Breaststroke</i>	16.	Female 100 Breaststroke
4.	<i>Female 100 Fly</i>	17.	Male 200 Fly
5.	<i>Male 100 Fly</i>	18.	Female 200 Fly
6.	<i>Female 400 IM</i>	19.	Male 400 Free
7.	<i>Male 400 Im</i>	20.	Female 400 Free
8.	<i>Female 200 Free</i>	21.	Male 200 Im
9.	<i>Male 200 Free</i>	22.	Female 200 Im
10.	<i>Female 100 Back</i>	23.	Male 200 Back
11.	<i>Male 100 Back</i>	24.	Female 200 Back
12.	<i>Female 50 Free</i>	25.	Male 100 Free
13.	<i>Male 50 Free</i>	26.	Female 100 Free

Male

Event	10-11	12-13	14-15	16 & O
1500m Free	23.30.00	22.30.00	21.45.00	21.10.00
400m Free	6.40.00	6.30.00	6.00.00	5.50.00
200m Free	2.57.57	2.44.89	2.32.21	2.27.00
100m Free	1.20.55	1.14.80	1.09.05	1.07.00
50m Free	38.00	38.00	35.00	35.00
200m Back	3.30.00	3.15.00	3.00.00	2.50.00
100m Back	1.30.66	1.24.19	1.17.72	1.15.00
200m Breast	3.50.00	3.40.00	3.30.00	3.05.00
100m Breast	1.41.61	1.34.35	1.27.19	1.23.00
200m Fly	3.28.00	3.28.00	3.15.00	2.55.00
100m Fly	1.30.78	1.24.30	1.17.82	1.15.00
200m IM	3.23.44	3.08.91	2.54.38	2.45.00
400m IM	7.00.44	7.00.44	6.34.38	6.15.00

Female

Event	10-11	12-13	14-15	16 & O
800m Free	13.30.00	12.30.00	12.00.00	11.00.00
400m Free	6.30.00	6.30.00	6.15.00	6.00.00
200m Free	3.09.79	2.56.24	2.42.69	2.40.00
100m Free	1.26.60	1.20.42	1.14.24	1.12.00
50m Free	38.00	38.00	36.00	36.00
200m Back	3.30.00	3.30.00	3.15.00	3.15.00
100m Back	1.36.63	1.36.33	1.29.73	1.20.00
200m Breast	3.58.00	3.40.00	3.25.00	3.18.00
100m Breast	1.52.21	1.44.27	1.30.00	1.27.19
200m Fly	3.30.00	3.25.00	3.18.00	3.02.00
100m Fly	1.39.99	1.32.83	1.30.80	1.25.00
200m IM	3.32.92	3.25.80	3.20.36	3.10.00
400m IM	7.00.65	7.00.65	6.30.99	6.15.00